

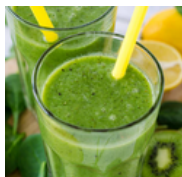


Tropical Recovery Smoothie

HERE'S A DELICIOUS AND REFRESHING POST-RUN SMOOTHIE RECIPE THAT'S PACKED WITH NUTRIENTS TO HELP YOU RECOVER AND REFUEL:

Ingredients

- 1 ripe banana (frozen for a thicker texture, if desired)
- 1/2 cup frozen mango chunks
- 1/2 cup frozen pineapple chunks
- 1/2 cup coconut water (or regular water)
- 1/2 cup plain Greek yogurt (or dairy-free yogurt for a vegan option)
- 1 tablespoon honey or maple syrup (optional, for added sweetness)
- 1 tablespoon chia seeds or flaxseeds (optional, for added omega-3s and fiber)
- Handful of spinach or kale (optional, for added nutrients)



Directions

1. Start by adding the coconut water (or water) into the blender.
2. Add the banana, mango chunks, pineapple chunks, Greek yogurt, honey or maple syrup (if using), and chia seeds or flaxseeds (if using).
3. If you're adding spinach or kale, toss that in as well.
4. Blend all the ingredients until smooth and creamy. If the smoothie is too thick, you can add more coconut water or water to reach your desired consistency.
5. Once blended to perfection, pour the smoothie into a glass and enjoy immediately.

Optional Additions:

1. Protein powder: Adding a scoop of your favorite protein powder can further enhance the recovery benefits of this smoothie, helping to repair muscles after your run.
2. Nut butter: A tablespoon of almond butter or peanut butter can add creaminess and extra protein to the smoothie.
3. Coconut flakes: For an added tropical twist and some healthy fats, sprinkle some coconut flakes on top of your smoothie before serving.

This smoothie is not only delicious but also provides essential nutrients like potassium, vitamin C, and antioxidants to help replenish your energy stores and aid in muscle recovery after a run. Enjoy!